

EYFS  
Autumn 1

Manor Leas Infant School Knowledge Organiser

Physical Education

Ball Skills



Star Words	Definition
Roll	Move the ball along the floor.
Stop	Use hands or feet to make the ball still
Throw	Send the ball through the air.
Catch	Stop and hold the ball using hands.
Kick	Send the ball using your feet.

### Sticky Knowledge

Children will learn how to roll, stop, throw, catch, kick and dribble a ball. They will practise keeping the ball close for control, aiming at a target, and working with a partner safely in space.



Look at the target



Hands ready to catch



Bend knees to land safely



Scoop or stop a rolling ball



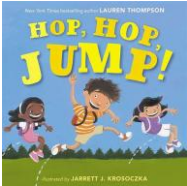
Keep the ball close



Kick a ball to send it

### Helpful Books

*We're Going on a Bear Hunt*  
Michael Rosen Helen Oxenbury



### Home Learning Ideas

#### Kickaroo

What you need: a ball, pillows

#### How to Play:

- Place a pillow a few steps away. Practice kicking the ball to hit the pillow.
- Kick the ball and chase after it, try to catch it before it stops moving.
- Count how many times you can kick the ball within a certain time frame (e.g., 1 minute).
- Create an obstacle course using pillows. Kick the ball around the obstacles.

### Helpful Websites

Head to the youtube channel to watch the skills videos for this unit.

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